

Pentagon Fit To Win Program

July 2015 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
1	Behavior 4 Weight Management	1100-1200
1	*Quit To Win/Tobacco (1 of 3)*	1200-1300
6	Healthy Heart	1100-1200
7	Why Do I Hurt?	1100-1200
7	Prevent Running Injuries	1200-1300
8	Exercise 4 Weight Management	1100-1200
8	*Quit To Win/Tobacco (2 of 3)*	1200-1300
10	Healthy Sleep Patterns	1100-1200
15	Nutrition 4 Weight Management	1100-1200
15	*Quit To Win/Tobacco (3 of 3)*	1200-1300
17	Healthy Sleep Patterns	1100-1200
20	Healthy Heart	1100-1200
21	Meal Planning	1100-1200
23	Diabetes Management	0930-1100

Call 692-8898 to register for FTW classes

***Denotes that the classes must be attended in order (no exceptions)**

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.